

# September 2019 4-H News

NDSU

EXTENSION  
DUNN COUNTY

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## September Birthdays

9/7 ~ Taylen Schettler  
9/10 ~ Cinch Smith  
9/23 ~ Eva Rohde  
9/24 ~ Iris Dukart  
9/29 ~ Grady Smith

Please Let Us Know if we  
have missed anyone!

*Happy  
Birthday!*

## Contact Information

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## Top Award Certificates

Please get your Top Award Certificates turned in. We will order after we receive them all.

## State Fair Results

More State Fair results that we were given after the last newsletter was sent out.

### Poultry Show

Audrey Dvorak ~ Rhode Island Reds—Red & Blue  
Tessa Dvorak ~ Orpingtons - Blue & Red

### Dairy Show

Brayden Klym ~ Commercial Grand Overall Jr. Champion  
  
Hailey Klym ~ Holstein Heifer 1213 ~ Blue 4th Place  
Hailey Klym ~ Holstein Heifer 1215 ~ Blue 2nd Place  
Hailey Klym ~ Holstein Heifer Holstein Reserve Overall Jr. Commercial Heifer

## Congratulations



addacover.com

### September

9/2 ~ Labor Day

9/5 ~ Signup for 4-H Online -

### October

10/14 ~ Columbus Day

10/31 ~ Halloween

### 4-H Pledge

I Pledge...

My **Head** to clearer thinking,

My **Heart** to greater loyalty,

My **Hands** to larger service,

And my **Health** to better living,

for my club, my community,  
my country, and my world.

## 4-H Online Signup

September 5th is the official day to signup for the 2019-20 4-H year.  
Do not sign up before September 5th.

## **Returning 4-H Families or Members**

Each member or volunteer must enroll in 4-H each year. Starting September 5, you may re-enroll. If you were a member in any previous year,

**DO NOT set up a new profile.**

You already have an account. Your login is your email address. If you have forgotten or do not know your password, please select "I forgot my password". A temporary password will be sent via email.

You are required to re-enroll for the 2019-20 4-H year. Profile information may have changed so it is important that everyone (youth and volunteers) update their profile before submitting. Please be sure to double check your address, phone number, and email address and update if needed.

Remember that there should only be **one 4honline profile per family.**  
If you are having problems logging on please contact our office.

### Top Award Projects

If you have not picked up your projects, you may pick them up at the Office.

### Elected Officers

With September being the new 4-H year for 2019-20, please email the office with your club's newly elected officers.



### Back to School

**Wishing everyone a fun and exciting school year.**

## Achievement Day Sponsors

Please Thank the following Sponsors

We would also like to thank each and everyone that helped from Sponsors, Judges, Parents and Leaders. We could not make it without all the help.

- Basin Electric
- Boespflug Trailers
- Coal Country Community Health
- Consolidated Telecom
- Dakota Community Bank & Trust Taylor
- Dunn County Fair Board
- Embroidery Arts
- First International Bank & Trust
- BreAnn Hauck Insurance Agency
- High Plains Dental
- JD Fencing
- Johnnie Rae Geving Memorial
- Killdeer Pharmacy
- Marathon Oil
- Herbert Hecker & Irvin Kadrmas Memorial
- Pump Systems LLC
- Riverbank Ranch
- Roger Klym Memorial
- Russ Dressler Memorial
- Scuba Steve Well Service
- The Union Bank
- Killdeer Saddle Club
- Pepsi
- Grab n Go
- Western Choice
- Maynard Fritz Traveling Trophy
- Bob & Tracy Dolezal
- Chris & Jessica Klym
- Cody & Jennifer Dukart
- Dakota Community Bank & Trust, Dickinson
- Daryl & Reyne Dukart
- DC Soil Conservation
- Farm Credit Services
- Freedom Oilfield Services
- Herman Dukart Memorial
- Ivan & Daphne Hecker
- John & Annette Rohde
- Killdeer Pharmacy
- Larry & Jodi Lundberg
- McKenzie Electric
- Nana Lil's Café
- Becca Yarger
- Rodney & Peggy Hendricks
- Roughrider Electric
- Sam & Becky Buchmann
- The Coteau Properties
- Williston Saddlery
- Coca-Cola
- Dunn County Farm Bureau
- Benz Oil
- Steffan Feeds



# Back to School With Smart Snacking

As a new school year begins, remember that a child's brain needs fuel to learn. Snacks are a great way to give our body and mind the energy they need between meals.

Becca Yarger  
FCW Agent



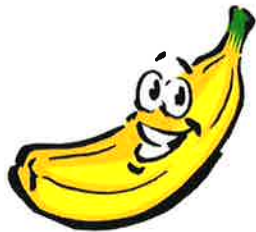
Consuming two to three snacks throughout the day is part of a healthful lifestyle. Not only do snacks provide energy, they also give us other nutrients, such as vitamins and minerals, to keep us healthy and fiber to keep us full.

Choose a variety of colors to consume all the different vitamins and minerals we need. When snacks are healthful and nutrient dense, they will reach their full potential and have optimal benefits.



When choosing snacks, be sure to select a combination of foods from two to three food groups based on MyPlate to satisfy the taste buds and keep you full. Because a snack is considered a "mini meal," it should con-

In the U.S., snacks make up approximately 25% of daily energy intakes. Many healthful snacks can be prepared in advance to make them quick and easy. Cut up fruits and vegetables and store them in individual zip-top bags or storage containers for up to four days to make them a convenient option. They can be added easily to a lunch box, too.



When kids come home from school, they may be hungry. By coming up with fun and exciting snack ideas, you will keep their tummies satisfied and minds occupied. Let them help prepare the snacks to get them more involved and interested in what is served.

## Quick Grab n' Go's

- Fruits with a peel
- Veggie sticks
- Cheese sticks
- Nuts and seeds
- Granola bar
- Popcorn
- Dry cereal



## Try these tips:

- Prepare snacks in advance.
- Choose a variety of colors and textures.
- Make the healthful choice the easy choice.
- Store healthful snacks easily accessible.
- Make snacks interesting.



New Certification will begin in October/ November for 2020. If you'd like to have the certification during your regular 4-H meetings, contact the office to schedule a date.

### Classes, Workshops and Events:

If any individuals or clubs are interested in specific topics they would like to learn about, please contact the office so we can work to facilitate those wishes. There was interest in a drone class last year for example.

4-H Volunteer Training Event:  
November 25 at Killdeer Public School

This event will be run by the Center for 4-H and highlight volunteer training and events 4-H does throughout the year. This would be a great opportunity to learn more about 4-H and to meet others from the region who will attend. More details and registration soon.



**WE MAKE A LIVING  
BY WHAT WE GET.  
BUT WE MAKE A LIFE  
BY WHAT WE GIVE.**

**- WINSTON CHURCHILL**

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